

Nebraska

Critical Incident Stress Management (CISM) Program

Basic Training Brochure



Critical Incident Stress Management (CISM)

What is a Critical Incident?

A critical incident is any situation faced by emergency personnel causing unusually strong emotional reactions, which have the potential to interfere with their ability to function during or after the event.

Examples of critical incidents addressed by the Nebraska CISM Program include:

- Suicide of a first responder
- Line of duty death or serious injury of a first responder
- Injury to or death of a child
- Mass-casualty incident
- Natural disaster causing death and/or serious injury

Any time there is a prolonged event and/or intense media interest. The impact of a critical incident is increased.

What is Critical Incident Stress Management?

CISM is a comprehensive service designed to assist emergency responders who have experienced unusual stress related to their work. CISM is interested in promoting a helpful response throughout the entire range of a crisis experience including: the pre-crisis, acute crisis and post-crisis phases. Within the CISM program are seven core functions of response including Critical Incident Stress Debriefing (CISD) which is a group intervention used within 24-72 hours after a major stressful event.

CISM “Basic” Training Program Objectives

Upon completion of this workshop, participants will be able to:

- Define critical incident stress.
- List signs & symptoms of stress.
- Describe first responder personality profiles.
- Recognize characteristics & phases of critical incident stress.
- Discuss stress & coping strategies.
- Describe the anatomy of a debriefing.
- Discuss disaster psychology & victim response.

Continuing Education

- An application has been submitted for contact hours to the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
- C.A.D.A.C. and C.P.A.D.A.C. credit has been applied for through the Nebraska Division of Alcoholism, Drug Abuse and Addiction Services.
- An application has been submitted to Nebraska Health & Human Services System for social workers.

Sponsors

State Troopers Association of Nebraska (STAN) and the Nebraska Health & Human Services System-EMS/CISM Programs.

Certified Trainers

Sgt. Ron Balthazor

Sgt. Balthazor is a 22-year veteran of the Nebraska State Patrol and has been involved in EMS and Firefighting for 20 years. Sgt. Balthazor teaches CPS and EMS First Responder classes at the patrol-training academy. Ron is the Peer Captain in the Troop D CISM Region and a certified ICISF/CISM Trainer. Ron has been a CISM member for 12 years.

Theresa Wadkins, Ph.D.

Dr. Wadkins is a 10-year veteran at the University of Nebraska at Kearney Psychology Department. She has been an active member of the CISM Program since 1995 in the roles of Debriefers, Regional Clinical Director and Trainer. Dr. Wadkins is a certified ICISF/CISM Trainer.

M. Thomas Perkins, Ph.D., LCSW

Dr. Perkins was one of the original planners for the State CISM Program. He has been the Clinical Director since the inception of the service. He helped to author the original and subsequent CISM legislation making the service the first one in the nation to have state statutory support. Dr. Perkins has developed several workshops on the themes of stress and trauma, and has attended a number of training’s, which focused their attention on stress and the emergency responder, disaster response and peer counseling techniques. He is an ICISF approved trainer for both the Basic CISM Course, Crisis Intervention and Peer Support Course. He has led numerous debriefings in

Nebraska, Wyoming and Missouri. He has taught CISM courses in Nebraska, Wyoming, Iowa, South Dakota and Missouri. Dr. Perkins has provided stress management services to a broad range of emergency response personnel.

Jack Wineman, Ph.D.

Dr. Wineman is the founder of Woodhaven Counseling Associates. In addition to his clinical practice, Jack provides services to law enforcement and fire services. He has been an active member of the CISM Program since 1988 in the roles of Clinical Director and Certified Trainer. Jack is a member of the American Psychological Association, the International Critical Incident Stress Foundation, and the American Society for Law Enforcement Training.

John Kayne, Ph.D.

Dr. Kayne is the Clinical Director for Troop A and a certified ICISF/CISM Trainer. He has been an active member of the CISM Program since 1988. He also provides mental health services, on a consulting basis, to victims of trauma and anxiety disorders, as well as to individuals suffering from “Psychological Factors Affecting Medical Condition.”

Administrative Support

Debbie Kuhn, EMS/CISM Coordinator

Nebraska Health & Human Services System – Metro EMS & CISM Program Coordinator

Dawn Collins, BSN

Dawn has been active with the Troop B CISM team since 1991. She has served as the Clinical Director for Troop B for the past 10 years.

For more information, contact the EMS specialist for the following locations:

York - Garry Steele

(402) 224-3298 or (877) 669-0763

Norfolk - Gary Hastings

(402) 372-2524 or (800) 634-2403

Scottsbluff - L.D. “Wally” Wallace

(308) 436-6950 or (888) 216-3090

North Platte - Sharon Steele

(308) 535-8095 or (800) 572-7239

Omaha/Lincoln Area - Debbie Kuhn

(402) 471-0119 or (800) 422-3460 ext. 2-1

Or

Doug Fuller

(402) 471-3578 or (800) 422-3460 ext. 2-5